Day Sunday\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Breakfast | Snack(recess) | Lunch | Snack(afterschool) | Dinner | Snack(Supper) |
|  |  |  |  |  |  |

Day \_Saturday Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Breakfast | Snack(recess) | Lunch | Snack(afterschool) | Dinner | Snack(Supper) |
|  |  |  |  |  |  |

Day \_Friday Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Breakfast | Snack(recess) | Lunch | Snack(afterschool) | Dinner | Snack(Supper) |
|  |  |  |  |  |  |

Day \_\_Thursday\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Breakfast | Snack(recess) | Lunch | Snack(afterschool) | Dinner | Snack(Supper) |
|  |  |  |  |  |  |

Day \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Breakfast | Snack(recess) | Lunch | Snack(afterschool) | Dinner | Snack(Supper) |
|  |  |  |  |  |  |

Day \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Breakfast | Snack(recess) | Lunch | Snack(afterschool) | Dinner | Snack(Supper) |
|  |  |  |  |  |  |

Day \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Breakfast | Snack(recess) | Lunch | Snack(afterschool) | Dinner | Snack(Supper) |
|  |  |  |  |  |  |

**A BALANCED DIET**

**Activity 1**

Using this site to help you (<http://sqworl.com/kboeax>) give examples of the following

1. Breads and cereals

2. Fruit and vegetables

3. Meat and meat equivalents

4. Milk and milk products

5. Fats and oils

**Activity 2**

Using the information in your food journal, what did you eat for the week? In the table below, tally what you ate and classify the food into the five food groups.

Eg. Cheese sandwich- I milk/milk product; 2bread & cereal; I fat

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day of the week** | **Breads/cereals** | **Fruit/vegetables** | **Meat/ products** | **Milk/products** | **Fats/oils** |
| **Sunday** |  |  |  |  |  |
| **Monday** |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |
| **Friday** |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |
| **Tally** |  |  |  |  |  |